



BENZIE SENIOR RESOURCES

August 2020

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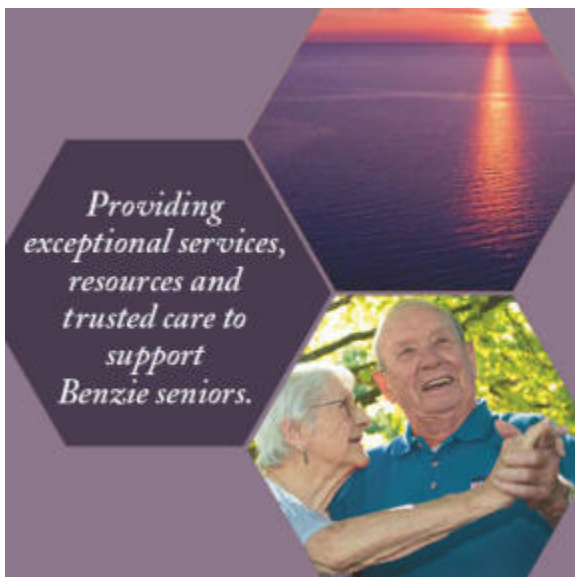
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WE MISS YOU!

We miss crafting, traveling, laughing, smiling, walking in parades, celebrating holidays—with you. Everyday. And we know someday we'll be able to eat lunch, sing songs, Zumba, play Bingo, Wii bowl, celebrate milestones together and HUG you again. We can't wait to see you. So please, stay safe and soon we'll be back to doing what we love the most—being together.





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THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

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 The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours
 Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours
 are Monday — Friday 8:00 a.m.— 4:00 p.m.
 with exception to special events and
 inclement weather.

NEWSLETTER SUBSCRIPTION FORM

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ADDRESS _____

CITY/ST/ZIP _____ DATE _____

EMAIL _____

If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is no charge for emailing. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.



From our Director

July 20, 2020

Dear Senior Friends and Community,

I am saddened to share that The Gathering Place Senior Center and Administrative Office will not open in August or September. The number of positive COVID-19 cases has been increasing since the 4th of July, and it is not just Benzie County, but our entire Northern Michigan region. Unfortunately, the information we are receiving does not look promising that COVID-19 is going away anytime soon.

Thank you to everyone who participated in filling out The Gathering Place Survey. We appreciate your feedback on when you feel it will be safe to reopen. Based on the results, about 65% of you are willing to wait longer to return to The Gathering Place. Many are concerned about the rising positive cases, which I fully understand. Your safety is our number one priority.

Updates will continue as we are reevaluating our services and our timeline on when we can safely resume those programs we have had to pause.

Ensuring food security is our focus and we are doing this by continuing to accept new Home Delivered Meals clients to the program during this crisis. **Curbside Meals** are also still available Monday through Friday between 11:30 a.m. – 1:00 p.m. Please call 231-525-0600 for more information. We are providing shelf-stable foods boxes, fresh produce boxes and basic essential items.

It is very important to be cautious and remain calm and vigilant, keeping ourselves and each other safe. We continue to be available by phone at 231.525.0600 to answer your questions and assist you when we are able.

Thank you for your continued support of Benzie Senior Resources as we work through this challenge and please, remain healthy and safe!

Sincerely,

Douglas Durand
Executive Director



2020 Census, Quarantine and Scams

As a result of COVID-19 the Census has had to delay their initial plan and develop different strategies to ensure the health and safety of its employees and the community, all while completing an accurate account of the population. Currently, the 2020 Census is underway with more than half the households across the country having responded. Information provided daily to the Census Bureau from FEMA, as well as State and Local authorities, will be used to guide Census Bureau decisions on timing.

Currently the Census is in the Self-Response Phase. You may have received a letter or postcard with a code to respond either through Census website www.my2020census.gov, or by calling 844-330-2020. Initially the self-response phase was to take place between March 12 and July 31, but is being extended until October 31. The 2020 Census will ask: The number of people in your household; Whether you own or rent your home; Your phone number (in case the Census Bureau needs to contact you later); For each person in your household: name, sex, age, birthday, race and relationship to person answering the census questions.

If you are a snowbird, it is important to state your address as your primary in Benzie County.

Self-Quarantining

Are you still out-of-town or just returning? We want to remind you of the importance of a 14—day quarantine when returning home to Benzie County. Health officials continue to advocate for a 14-day quarantine after you have traveled. This is a long time health practice. You may not have any symptoms of COVID-19, but could have been exposed, be a carrier and develop the disease within the 14-day timeframe.

The CDC is encouraging everyone to voluntarily self-quarantine after travel to prevent the spread of COVID-19. WE understand this may be challenging. Please contact our office at 231.525.0600 or the Benzie-Leelanau District Health Department at 231.256.0200 with questions.

Have you gotten robocalls, text messages, or emails offering free face masks? Or maybe you've seen social media posts about free COVID-19 testing kits, "cures," or protective equipment? Unfortunately scammers are using the COVID-19 pandemic to try to steal your Medicare Number and personal information. **If anyone reaches out to get your Medicare Number or personal information in exchange for something, you can bet it's a scam. If you suspect fraud, call 1-800-MEDICARE to report it.**

It's important to **always guard your Medicare Number and check your Medicare Summary Notice (MSN) for errors.** Only give your Medicare Number to participating Medicare pharmacists, primary and specialty care doctors, or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to verify your Medicare Number.



August Menu~ Our meals meet 1/3 of the recommended daily allowance nutrition requirements (RDA)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken Tenders w/ House Dipping Sauce Cheddar Bacon Mashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Fresh Cut Watermelon</p>	<p>4</p> <p>Freshly Made Submarine Sandwich Raspberry Carrot Salad Cranberry Applesauce</p>	<p>5</p> <p>Cornmeal Dusted Catfish Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Cut Cantaloupe</p>	<p>6</p> <p>Shredded BBQ Sandwich Baked Beans with Bacon Steamed Parisian Carrots Classic Fruit Cocktail</p>	<p>7</p> <p>Chicken Pesto Linguine Steamed Spinach Capri Vegetable Blend Whole Wheat Garlic Toast Fresh Peach</p>
<p>10</p> <p>Deluxe Chicken Sandwich Crispy Smashed Potatoes Scandinavian Vegetable Blend Fresh Grapes</p>	<p>11</p> <p>Homestyle Salisbury Steak Herbed Mashed Potatoes Key West Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>12</p> <p>Texas Style BBQ Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Fresh Peach</p>	<p>13</p> <p>Hand Rolled Sweet & Sour Meatballs Oven Roasted Brussel Sprouts Japanese Vegetable Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>14</p> <p>Roasted Veggie Lasagna Malibu Vegetable Blend Green Bean Blend Tropical Fruit Blend Soft Baked Breadsticks Birthday Cake Bites</p>
<p>17</p> <p>BBQ Glazed Chicken Whipped Sweet Potatoes Steamed Cauliflower Florets Sweet Hawaiian Rolls Fresh Grapes</p>	<p>18</p> <p>Tilapia Almondine Oven Roasted Potatoes Steamed Sweet Peas Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>19</p> <p>Homemade Sloppy Joes Homemade Potato Chips Caribbean Vegetable Blend Oven Roasted Squash & Zucchini Fresh Cut Cantaloupe</p>	<p>20</p> <p>Freshly Chopped Chef's Salad Soft Baked Breadsticks Fresh Banana</p>	<p>21</p> <p>Five Cheese Stuffed Manicotti Malibu Vegetable Blend Italian Style Green Beans Whole Wheat Garlic Toast Cherry Pie Slice</p>
<p>24</p> <p>Belgian Waffle with Berries 'N Cream Freshly Scrambled Eggs Savory Sausage Links</p>	<p>25</p> <p>Seasoned Beef Taco Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>26</p> <p>Authentic Sesame Chicken Over Rice Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookie</p>	<p>27</p> <p>Greek Style Pita Sandwich Sweet Potato Bites Caribbean Vegetable Blend Fresh Banana</p>	<p>28</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Venetian Vegetable Blend Stoneground Wheat Bread Diced Pears</p>
<p>31</p> <p>Pepperoni Stuffed Calzone California Vegetable Blend Italian Style Green Beans Soft Baked Breadsticks Tropical Fruit Blend</p>		<p>You can still get your daily meals from us either by Curbside Pick-up or Home Delivered Meals. Call us at 231.525.0601 or 231.525.0600 for more Information!</p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older Under 60 is \$7.50 Caregivers under 60 are \$5.00</p>	<p>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR</p>

Support Groups

SUMMER 2020

Grief is a journey and not an event. The process is experienced uniquely by each individual. Upon losing a loved one, you will experience a period of bereavement. During this time, a wide range of emotions can be felt, which is normal. The source of grief (kind of loss) is often different among individuals, but the substance of grief (how we feel) contains common elements. Heartland Hospice is committed to supporting you during this journey of grief and loss. Our services are open to the community and are designed to address the unique needs of the bereaved.

Benzie County

THURSDAY'S

11:30 AM - 12:30 PM

Beulah Village Park - Pavilion
7122 Prospect Ave. Beulah, MI

We are using Mindfulness & Grief
book by Heather Stang



Kalkaska

WEDNESDAY'S

10:30 AM - 11:30 AM

Kalkaska Commission on Aging
(outside under the Gazebo)
303 S. Coral St. Kalkaska, MI

Traverse City

THURSDAY'S

2:00 PM - 3:00 PM

Heartland Hospice Office
(Located in Copper Ridge, building A)
4020 Copper View, Suite 113

We are using The Mindful Self-Compassion
Workbook by Kristen Neff and Christopher Germer



**To prevent the spread of COVID-19,
Kalkaska and Traverse City groups are
available by phone or in-person.
Benzie group is in-person only.**

**Please call during a scheduled group time:
For Phone Conference Dial**

1-877-381-1617

Enter Conference Code:

423-157-6795#

State name and Press #

(You'll be placed on hold until the conference begins)

If attending in person:

- **Please wear a mask,**
- **Please bring a chair to Benzie**

FOR MORE INFORMATION CALL: 231-935-3089

We are here to support you. Please contact us.



Word Search

Birds of a Feather

W W E E D A K C I H C D R I B W O C S W
O E O S T A R L I N G J U N C O P N R A
O E K R U A L B A T R O S S U U O E J A
D G W G R E A T B L U E H E R O N Z Q T
T O A R K A F A L C O N C P L Y E B U R
H L H U E R P N T N A A L G B N A F O H
R D B H Y W O S S C R E R E A L T B E S
U F A C V O B O I D M E V R T E I I G R
S I L T U R U L I A K O C I D N R N R E
H N D A L C E N R C D G M T H W D D O H
R C E H T P A T E G N O I U F R V I S C
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I E L N E O N O O O I A G L K R L B A C
P L E I O R O R U N C N U U I A L U K Y
D B V W U H I S G K I E P E L C U N E L
N R A O W O E B B K J O O B D K G T E F
A A M I L U I I C A L U M I E L A I L R
S W C E N R R O Y S C D H R E E E N R W
L A R D D D M P I G E O N D R K S G R K

Word List:

ALBATROSS
BLUEBIRD
COWBIRD
GOLDFINCH
HAWK
KILDEER
NUTHATCH
ROBIN
STARLING
WHOOPIINGCRANE

BALDEAGLE
BLUEJAY
CROW
GRACKLE
HUMMINGBIRD
LOONS
PELICAN
SANDPIPER
TUFTEDTITMOUSE
WOODPECKER

BALTIMOREORIOLE
CARDINAL
FALCON
GREATBLUEHERON
INDIGOBUNTING
MOCKINGBIRD
PIGEON
SEAGULL
TURKEYVULTURE
WOODTHRUSH

BLACKBIRD
CHICKADEE
FLYCATCHERS
GROSBEAK
JUNCO
MOURNINGDOVE
PURPLEMARTIN
SPARROW
WARBLER
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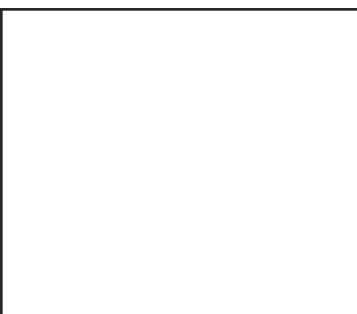
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Paul Oliver Memorial Hospital

munsonhealthcare.org/polar

Virtual Walk-a-Thon Annual Fundraiser

VIRTUAL WALK-A-THON WALK • RUN • BIKE AUGUST 2020



BENZIE
SENIOR RESOURCES
Be connected. Be supported. Be home.

"Protecting the most vulnerable seniors is nothing new for Benzie Senior Resources; however, the COVID-19 crisis has presented unique challenges for the organization. With many seniors now isolated in their homes, requests for services have skyrocketed. The need to cancel the Walk-A-Thon out of concern for public safety could not have come at a worse time. It is vitally important for the Benzie community to step forward and demonstrate how much we value our seniors by generously supporting this virtual event. Times like these remind us that we are all connected!"
- Mary Dykstra, former Executive Director of Benzie Home Healthcare

"Benzie Senior Resources has been very blessed with the way our community has supported the organization over the years. It's kept so many people in their own homes... checking on them and helping them with what they need. Thank you to Benzie Senior Resources for helping so many people. It's fantastic!" - Charlotte Putney, 35-year Walk-A-Thon Participant

To join our virtual walk, please go to our website BenzieSeniorResources.org or our Facebook page by typing @BenzieSeniorResources in the search bar.

Celebrating
45
YEARS
of Service to
BENZIE COUNTY
SENIORS

All proceeds to benefit Benzie Senior Resources, a non-profit organization serving the seniors of Benzie County.

Please contact us for an information packet:
231-525-0600
INFO@BENZIESENIORRESOURCES.ORG

We are canceling our in-person Walk-A-Thon fundraising event for the first time in its 40-year history, and we'd like to gratefully acknowledge all those who have contributed to its success in the past. Workers, walkers, supporters and sponsors – **THANK YOU** for 40 years of success!

We hope this virtual event will receive the same level of support enjoyed by previous Walk-A-Thons. Walkers can still solicit pledges from family & friends for their virtual walk, and individuals & businesses can still make their contributions.

The impacts of COVID-19 have been profound for Benzie Senior Resources, **yet the essential work of the agency has continued.** We have followed, to the letter, the required guidelines put in place by Benzie-Leelanau District Health Department, Michigan Department of Health & Human Services (MDHHS), Governor Whitmer's Executive Orders and Centers for Disease Control and Prevention (CDC). We serve the highest at-risk group and we cannot stop sending meals, giving baths, or managing medication. We could have gone to one meal delivery a week and sent just frozen meals, but that does not fit our mission. We are depended upon to check on your neighbors, your family, your dearest friends. Maybe even you.

Home Delivered Meals. We are still delivering HOT meals every weekday. These deliveries include milk and frozen meals to reheat for another meal and 5-day, shelf-stable food bags. Our dedicated staff and volunteers have their temperatures checked daily. They wear masks and gloves and maintain a 6-foot distance from each other and from clients. Upon returning from meal delivery, each vehicle is disinfected thoroughly. And throughout this pandemic, our numbers have continued to grow. We are delivering up to 300 meals EVERY, SINGLE Day. Many of our folks who would typically be getting their own groceries are afraid to venture out because they are in the high-risk group. Some of our volunteers who were once delivering meals are now receiving them.

Home Healthcare/ Medication Management. On every visit, we ask a specific series of questions and take client temperatures. We are required, by the public health department, to show proof that this is being done. Masks and gloves are worn by our staff while in client homes providing care, and as added protection, our agency has supplied masks to our meal delivery and home health care clients.

To join our walk and donate, please go to our website, Facebook page or call us the old fashioned way at 231.525.0600.

THANK YOU!





Stay safe and healthy, seniors.

We're all doing our part to stay safe during these unusual times. For seniors and at-risk individuals, it's especially important to follow approved health and safety guidelines.



Seniors should take extra precautions because they are at higher risk:

- Wash hands often for 20 seconds
- Stay home as much as possible
- Wear a mask in enclosed or public places
- Stand 6 feet from others when out of the house
- Avoid gatherings of 10 or more
- Shop during senior-designated shopping hours
- Contact your health care provider and seek medical attention if a health issue arises

Connect with resources for peace of mind during this time.

From help with meals to volunteer conversations, there are many resources for seniors across the state.

See them all at Michigan.gov/AASA. Or, call the Eldercare Locator to connect to your Area Agency on Aging at 1-800-677-1116.

For health-related questions, call the COVID-19 Hotline at 1-888-535-6136.

Have an idea for the newsletter?
Want to write a guest column?



Email Dawn at Bousamrad@BenzieSeniorResources.org

Home Delivered Meals Drivers Needed!

Once a month or once a week—you decide. Must possess a valid driver's license. Go to our website: BenzieSeniorResources.org and grab an application there. We guarantee you will make a difference on day one.

August Birthdays

Roger Griner	1	Gary Mehrer	9	Constance Carroll	19
Ray Antel	2	Karl Loucks	10	Michael Brandow	20
Aldo Davis	2	Cliff Shelder	10	Ruby Davidson	20
Janet Burch	3	Sally Stone	10	Darlene Knudsen	20
Ron Tandy	3	Sue O'Boyle	11	Lois Lumbert	20
Dodie Toman	3	Ray Pendency	11	Ted Rineer	20
Allen Vanderplow	3	Kathy Gorden	12	Mary Robling	20
Don Culp	4	Virginia Raz	12	Ruth Catton	21
Janice Culp	4	Peggy Wright	12	Jean Vogler	21
Lois Machesky	4	Joan Batchelor	13	Mary Finch	22
Mel Keranen	5	Kay Bond	13	Brenda Kastenschmidt	22
Madelyn Morey	5	Alex Cooper	13	Sue Kelsey	22
Janie Parrotte	5	Polly Herscher	13	Dale Mathias	23
Deb Rogers	5	Diana Priest	13	Jill Lutz	24
Janice Thomas	6	Joyce Marciniak	14	Florence Bixby	25
Sanda Willsey	6	Barbara Schneider	14	Rosann Fuller	25
Donna Dalson	7	Alexis Skiver	14	Joseph Obruba	25
Lou Glatzer	7	Beth Bechler	15	Donna Schroeder	25
Jimmy Landwehr	7	Viva Kastl	15	Ron Troutman	25
Sandy Link	7	Jan Mick	15	Arlene Larson	26
Joann Morrell	7	Thomas Edwards	16	Eldon Blood	27
Katherine Picklo	7	Dorothy Kerby	16	Anne Pardington	27
Douglas Fall	8	Chuck Mange	16	Donna Buhl	28
Deb Frisbie	8	Lorraine Stiles	16	Robert Dumont	28
Frank Pelky	8	Shirley Wollam	16	William Pearson	28
Mary Couturier	9	James Cramer	18	Rolland Gokey	29
Penelope Dahl	9	Linda Nugent	18	David Tank	30
Pat McCash	9	Jane Weisbrodt	18	Ramona Hulce	31

If we forgot your birthday we are truly sorry. Please remind us for next year.
If you'd like your name removed from the birthday list, please let us know.

Staff Birthdays & Anniversaries



Happy Birthday on August 19th to our Chef, David Main! When Dave isn't cooking up a storm in the kitchen, he enjoys spending time with his family having outdoor adventures.



Happy Birthday to Home Health Aide Mellie Long on August 15th! You will always find Mellie with a smile on her face willing to jump in and help.



Congratulations to Home Health Aide, Shari Ingersoll on your **Two Year Anniversary** with Benzie Senior Resources!



Congratulations and WAY TO GO Sabra Boyle on your **14th Anniversary** as our Fiscal Manager and serving Benzie county seniors!



Congratulations to Jessica Rastelli on your **1st Anniversary** working as a Home Health Aide with Benzie Senior Resources!

Nutrition advice for adults during the COVID-19 outbreak

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So you should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Drink enough water. Avoid sugar, fat and salt to significantly lower your risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.

Eat fresh and unprocessed foods every day



- Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk).
- Daily, eat: 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), 180 g of grains, and 160 g of meat and beans (red meat can be eaten 1–2 times per week, and poultry 2–3 times per week).
- For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.
- Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.
- When using canned or dried vegetables and fruit, choose varieties without added salt or sugar.

Eat moderate amounts of fat and oil



- Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, palm and coconut oils, cream, cheese, ghee and lard).
- Choose white meat (e.g. poultry) and fish, which are generally low in fat, rather than red meat.
- Avoid processed meats because they are high in fat and salt.
- Where possible, opt for low-fat or reduced-fat versions of milk and dairy products.
- Avoid industrially produced trans fats. These are often found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads.

Counselling and psychosocial support



While proper nutrition and hydration improve health and immunity, they are not magic bullets. People living with chronic illnesses who have suspected or confirmed COVID-19 may need support with their mental health and diet to ensure they keep in good health. Seek counselling and psychosocial support from appropriately trained health care professionals and also community-based lay and peer counsellors.

Drink enough water every day



- Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.
- Drink 8–10 cups of water every day.
- Water is the best choice, but you can also consume other drinks, fruits and vegetables that contain water, for example lemon juice (diluted in water and unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.

Eat less salt and sugar



- When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce).
- Limit your daily salt intake to less than 5 g (approximately 1 teaspoon), and use iodized salt.
- Avoid foods (e.g. snacks) that are high in salt and sugar.
- Limit your intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, fruit juice concentrates and syrups, flavoured milks and yogurt drinks).
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate.

Avoid eating out



Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19. We recommend maintaining a distance of at least 1 metre between yourself and anyone who is coughing or sneezing. That is not always possible in crowded social settings like restaurants and cafes. Droplets from infected people may land on surfaces and people's hands (e.g. customers and staff), and with lots of people coming and going, you cannot tell if hands are being washed regularly enough, and surfaces are being cleaned and disinfected fast enough.



World Health
Organization



Summer Recipes

Fresh Cucumber & Tomato Salad

Recipe compiled by: Mary K. Mills, RD, Consultant Dietitian

Servings: 4 - 6

Prep Time: 10 - 15 minutes

Total Time: 10 - 15 minutes, plus time to refrigerate

Ingredients

1 Pint Cherry Tomatoes, Washed and Halved

2 Cucumbers, Washed & Sliced

¼ C. Onion, Peeled & Sliced

1 T. Fresh Herbs (Dill, Parsley, or Basil)

2 T. Olive Oil

1 T. Vinegar

Salt & Pepper to Taste

Directions

In a large bowl combine all ingredients and toss. Season with salt and pepper.

Refrigerate for 20 - 30 minutes to allow flavors to blend before serving.

Refrigerate leftovers.

Orange Poached Pears

Recipe compiled by: Mary K. Mills, RD, Consultant Dietitian

Servings: 4

Prep Time: 10 minutes

Total Time: 50 minutes

Ingredients

4 Pears, Washed, Peeled & Quartered

1 Orange, Juice and Zest

2 C. Water

2 T. Lemon Juice

½ C. Brown Sugar

1 t. Vanilla

Directions

Combine orange juice, zest, water, lemon juice, brown sugar & vanilla in a large saucepan and bring to a simmer. Add pears to pan and simmer for 30 additional minutes. Remove from heat.

Remove pears from saucepan and place in a serving bowl. Discard orange zest from saucepan. Let the remaining liquid cook to a thin syrup. Drizzle over pears. Serve immediately. Refrigerate leftovers.



Donations

Giving is not just about making a donation. It's about making a difference.

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes.

You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes.

Legacy Giving: Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

Memorial Gifts: Tribute gifts can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102,
or

email at info@BenzieSeniorResources.org

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Happy 40th Ruby Wedding Anniversary



Shively-Boyle

Sabra L. Shively and Jerry J. Boyle were united in marriage Aug. 24 in the bride's mother's garden in Frankfort.

Rev. James Petteys officiated at the double ring rites.

Parents of the couple are Mrs. Richard E. Strom of Frankfort, Norman L. Shively of Petoskey and Mr. and Mrs. Lewis Arthur of Solsberry, Ind.

Given in marriage by her father, the bride chose a satin princess-style gown with cap sleeves and lace inset bodice.

Maid of honor was Tammie Kearney. She wore a floor-length green Qiana gown.

Best man was Pat Arthur, brother of the bride.

A reception was held at the VFW Hall in Beulah.

The couple will make their home in Frankfort where the groom is employed at Koch Asphalt in Alberta. The bride is a senior at Frankfort High School.